FITNESS
WRITINGS
2024
Omar Cabaleiro

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(Cover image source: Ricardo Henri via Unsplash.com)

Kettlebell Snatches and Cleans 2

by Omar Cabaleiro 2024.Jan.3

Option A

This approach is for folks who have access to resistance increases of 5lbs or less, such as with an adjustable kettlebell.

Workout once every 2 or 3 days, training only one of the following per session (alternate):

- Single Kettlebell Hang Power Snatch
- Single Kettlebell Hang Power Clean

With each, you'll use a take on cluster sets that I adapted from one of Josh Bryant and Adam benShea's books, The Saga of the Tijuana Barbell Club:

1. Starting resistance: your 15-to-20 rep max (per side)
2. Do 5 reps for 1 side, immediately followed by 5 reps for the other
3. Rest 15 seconds
4. Do this for 5 minutes straight
5. If, within 5 minutes, you can do at least 30 reps per side, increase resistance next time around

GENERAL WARM UP

do 2-to-5 rounds of alternating the following:

- progressively heavier Kettlebell Halo
- ~20-foot Duck Walk

Option B

Use this approach if you only have access to resistance increases of 10lbs or greater.

Do only one of the following per session (alternate):

- attempt new Single Kettlebell Hang Power Snatch 20 rep max (per side)
- attempt new Single Kettlebell Hang Power Clean 20 rep max (per side)

PROGRAM OVERVIEW

1. Train either daily or every other day
2. Whenever you accomplish a new 20 rep max, then do the cluster set workout from Option A the next time you train that exercise
3. After a cluster set workout, take 2 or 3 days off from training
4. Next time you train that same exercise, you'll be back to working toward a new 20 rep max

WARMING UP

On days when you're working toward a new 20 rep max, you should be alright with 1 or more ramp up sets.
(Before the ramp up set(s), I like to do one ~20-foot Duck Walk to get in a little bit of deep squat ROM mobility work.)

On days when you're doing the cluster set workout:

- If you're following my recommendation of using your 20 rep max, you should be alright with just the general warm up from Option A
- If you're going heavier than I recommend (for example, using your 10 rep max), then I strongly suggest that, after doing the general warm up, you also do 1 or more ramp up sets.

Coan Row plus Thruster

by Omar Cabaleiro 2024.Jan.31

If you’re not familiar with the Coan Row, I recommend you learn it by watching Ed Coan himself demonstrate and explain it. You can do that by watching a video titled “Ed Coan's Favorite Skwaat and Deadlift Assistance Exercises,” on the Mark Bell – Super Training Gym YouTube channel.

The Program

Train once every 2 or 3 days.
Each session do 1 work set of only 1 of the following (alternate):

- attempt a new Coan Row 12 rep max
- attempt a new Thruster 20 rep max

With the Coan Row, you’re working the hinge and pull movement patterns.
With the Thruster, you’re working the squat and push movement patterns.
I suggest you start with higher frequency and, as progress becomes tougher, lower frequency as necessary.

More Coan Row

by Omar Cabaleiro 2024.Feb.1

For each of the programs below, I recommend starting out with the higher frequency and, as progress slows, decrease frequency according to what works best for you.
Eventually though, you'll need to switch things up: abandon attempting linear progression (i.e. use double or triple progression), or try something else entirely, etc.

Option A

Train once every 2 or 3 days, alternating the following 2 workouts:

WORKOUT 1

1. attempt new Coan Row 12 rep max
2. attempt new (2-Hand) Kettlebell Swing 50 rep max

WORKOUT 2

1. attempt new Single-Kettlebell Press 15 rep max (each side)
2. attempt new Back Squat 20 rep max

Option B

Train once every 2 or 3 days, performing exercises in the order presented here:

1. attempt new Single-Kettlebell Press 15 rep max (each side)
2. attempt new Coan Row 12 rep max
3. one set to failure of Air Squat

Option C

Train once every 2 or 3 days, performing exercises in the order presented here:

1. attempt new Coan Row 12 rep max
2. attempt new Back Squat 20 rep max
3. one set to failure of Dip

An Alternative Exercise

You can also attempt new (Weighted) Dip 10 rep max instead of doing the Single-Kettlebell Press.

High Pull, Back Squat, Dip

by Omar Cabaleiro 2024.Feb.23

Option A

PRIMARY SECTION

- Train the Snatch-Grip High Pull every single day (literally- 7 days per week), using Steve Justa's Singles Workout Strategy #1.

SECONDARY SECTION

Do this section after completing all of your High Pull singles for the given session.
To start, try to do this every day as well, but you can gradually decrease the frequency of this portion of the workout to accommodate your increasingly taxed recovery ability.
On the days which you do this section, only do 1 of the following (alternate):

- Attempt a new Back Squat 20 rep max.
- Do 1 set to failure of the Dip.

Option B

Begin by training every other day.
When your recovery needs dictate, decrease frequency to once every 3 days.
As long as continuing to decrease frequency continues to yield results you're satisfied with, have at it.

Each workout, do only 1 of the following (rotate):

- Hang Snatch-Grip High Pull, using a protocol I got from Chad Waterbury's work:
    1. Starting resistance: your 7 rep max
    2. Do 25 total reps; however many sets it takes.
    3. Rest only 30 seconds between sets.
    4. If you can complete all 25 reps, with at least 7 of them in the first set, increase resistance by 5-to-10lbs next time around.
- Back Squat, using Paul Carter's 3/50 Method:
    1. Starting resistance: your 20 rep max
    2. Do 50 total reps within 3 sets.
    3. A rest-between-sets time isn't given, but I recommend either 30 seconds or 1 minute.
    4. If you can complete all 50 reps within 3 sets, increase resistance by 5-to-10lbs next time around.
- 1 set to failure of the Dip

Barbell Complexes

by Omar Cabaleiro 2024.Feb.26

If I remember correctly, I first discovered the concept of complexes via Dan John's work, roughly 1.5-to-2 decades ago.

In general, use higher rep counts for complexes with fewer exercises, and lower rep counts for complexes with more exercises.
For the most part, the following complexes cover 1 or 2 specific areas of the body. I'll leave it up to you to "fill in the gaps," but just in case, I've included a section at the end with my recommendations for auxiliary exercises.

Programming Protocol

This is all with the assumption that you're doing this as the core of your resistance training, but of course you can also use these complexes simply as warm-ups, or finishers, etc.

- Choose 1 complex, supplementing it as necessary (if necessary).
- Train 3 days per week (ex: Monday, Wednesday, Friday).
- Do 1 round on Monday, 2 on Wednesday, and 3 on Friday, keeping the resistance the same for all 3 days.
- When you come back around to Monday, assuming you didn't miss any reps or rounds the previous week, drop back down to 1 round but increase resistance by 5-to-10lbs.
- Repeat.

The Complexes

<u>#1 OVERALL</u>

1. Thruster
2. Coan Row

<u>#2 LOWER BODY</u>

1. Back Squat (ass-to-grass)
2. Good Morning

<u>#3 POSTERIOR CHAIN</u>

1. Romanian Deadlift
2. Yates Row
   (Whenever I mention the Yates Row in my programming, by default I mean overhand.)

<u>#4 OVERALL</u>

1. Thruster
2. Hang Power Clean
3. Coan Row

#5 LOWER BODY + POSTERIOR CHAIN

1. Back Squat (ass-to-grass)
2. Good Morning
3. Hang Snatch-Grip High Pull

#6 POSTERIOR CHAIN

1. Romanian Deadlift
2. Yates Row
3. Coan Row

Auxiliary Exercises

Here are different supplementary/ complementary exercises for the above complexes, based on areas covered by the latter.

LOWER BODY

1 set each of the Dip and the Inverted Row

POSTERIOR CHAIN

1 set each of the Dip and the Air Squat

LOWER BODY + POSTERIOR CHAIN

1 set of the Dip

Barbell, Kettlebell, Clubbell

by Omar Cabaleiro 2024.Mar.6

Option A

Train 6 days on, 1 day off, alternating the following 2 workouts:

WORKOUT 1 (MONDAY, WEDNESDAY, FRIDAY)

- Perform a barbell complex with the following exercises:
  1. Back Squat
  2. Good Morning
  3. Hang Snatch-Grip High Pull
- Do 20 reps per exercise.
- You'll do 1 round Monday, 2 Wednesday, 3 Friday, using the same weight everyday.
- Each Monday, increase weight used by 5-to-10lbs.

WORKOUT 2 (TUESDAY, THURSDAY, SATURDAY)

1. Perform the next clubbell exercise in the list (see below), in chronological order. Using 1 or more ramp-up sets, work up to the highest weight available to you with which you can do at least 1 solid rep.
2. Perform the Single-Kettlebell Press. Using 1 or more ramp-up sets, work up to the highest weight available to you with which you can do at least 1 solid rep.

If the overall volume gets to be a bit much, prioritize not missing any reps or rounds with the barbell workouts (workout 1), and take a more intuitive approach (autoregulate) when performing the kettlebell-clubbell workouts (workout 2).

Option B

Train 5 days per week:

1. Monday: Attempt a new Back Squat 20 rep max.
2. Tuesday: Attempt a new Good Morning 20 rep max.
3. Wednesday: Attempt a new Hang Snatch-Grip High Pull 20 rep max.
4. Thursday: Rest.
5. Friday: Perform workout 2 from Option A.
6. Saturday: Rest.
7. Sunday: Rest.

Option C

Train every other day, alternating the following 2 workouts:

WORKOUT 1

Perform 1 work set of each of these 3 exercises, in the order presented here:

1. Back Squat for 20 reps
2. Good Morning for 20 reps
3. Hang Snatch-Grip High Pull for 20 reps

For each individual exercise, keep the resistance the same for 3 workouts, then increase by 5-to-10lbs. You'll use those new resistance levels for 3 workouts, then increase again, etc.

WORKOUT 2

same as Option A

Single-Clubbell (Heavy Club) Exercises

1. 2-Hand Side-to-Side Swing
2. 2-Hand Alternating Circles
3. 2-Hand Pullover
4. 2-Hand Shield Cast
5. 1-Hand Side-to-Side Swing
6. 1-Hand Alternating Circles
7. 1-Hand Pullover
8. 1-Hand Shield Cast

If you need help with how to perform any of these exercises, I strongly recommend checking out Mark Wildman's YouTube channel. That was my go-to for learning to train with clubbells.

Barbell, Clubbell, Bodyweight

by Omar Cabaleiro 2024.Mar.8

For this program, there's a daily (7 days per week) portion, and a 2-to-3 days per week portion.

7 DAYS PER WEEK

1. clubbell exercise rotation
2. Hook-Grip Stiff-Legged Deadlift

2-TO-3 DAYS PER WEEK

1. Back Squat (Whenever I mention the Back Squat in my programming, by default I mean ass-to-grass.)
2. (Weighted) Dip

Single-Clubbell Exercise Rotation

7 days per week, start your workout with 1 of the following (rotate, in order):

1. 2-Hand Side-to-Side Swing
2. 2-Hand Alternating Circles
3. 2-Hand Shield Cast
4. 2-Hand Pullover
5. 1-Hand Side-to-Side Swing
6. 1-Hand Alternating Circles
7. 1-Hand Shield Cast
8. 1-Hand Pullover

Using 1 or more ramp-up sets, work up to the heaviest weight available to you with which you can do at least 1 solid rep.
This portion of the workout will basically serve as a general warm-up/ mobilization, and grip training. Heavy club training will yield good forearm, wrist, hand and, to a somewhat lesser extent, bicep hypertrophy.
Along with that there's the shoulder mobility benefits, and trunk rotation, though this last part will vary depending on which exercise you're doing that day.

Hook-Grip Stiff-Legged Deadlift

7 days per week, train the Hook-Grip Stiff-Legged Deadlift, using Steve Justa's Singles Strategy #1. (He discusses this protocol in his book, Rock Iron Steel. I've covered the details in at least 1 of my earlier writings, if you want to look there. Additionally, you could look up the specifics using your preferred search engine.)

Regardless of whether or not you do a general warm-up, I recommend you do a specific warm-up (1 or more ramp-up sets).

Back Squat

Either 2 or 3 days per week, when you're done with your singles, do the Back Squat for 1 set of 20 reps, using this protocol which I found many years ago in an article on the Cult of Strength website ("20 Rep Squat"):

- Starting weight: your 5 rep max minus 90lbs
- Each session, increase weight by 5lbs.

You'll be using this protocol for 18 workouts before either recalibrating or switching up to something else entirely.
If you do this twice per week. you'll go for 9 weeks. If you do this 3 times per week, you'll go for 6 weeks.

Dip

On days when you squat, do only 1 of the following:

- After completing all singles, but before squatting, attempt a new 10 rep max of the Weighted Dip.
- After squatting, finish off your session with 1 set to failure of the Dip (bodyweight-only).

Here are some ideas for how to choose which option to use:

- Alternate the 2, regardless of whether you do it 2 or 3 days per week.
- This is a more specific take on alternating. If you do this 2 days per week, do the Weighted Dip earlier in the week when you're fresher (after 3 days off), and rep out with the bodywight-only Dip later in the week, when fatigue will likely be greater (after 2 days off).
- Pick whichever 1 you prefer and just do that every workout. If you happen to change your mind at some point down the road, switch to the other one.
- Decide which to do on the day of the workout, based on how you're feeling.

No Clubbells Available?

Assuming that you don't have access to clubbells, which would also mean that you won't be doing the clubbell portion of this program, I suggest you swap out the Hook-Grip Stiff-Legged Deadlift for any 1 of the following:

- Power Clean
- Snatch-Grip High Pull
- Coan Row

Barbell, Kettlebell, Clubbell 2

by Omar Cabaleiro 2024.Apr.8

Train daily.
This workout consists of 3 sections, to be performed in the order presented here:

1. Heavy Clubs
2. Barbell Complex
3. Kettlebell Snatch

Each of the sections has a sustainability mechanism built into the protocol.

Heavy Clubs

- Train this section of the workout intuitively, going harder on days when you're "feeling it," and backing off as necessary on days when you're not.
- Perform the next exercise in the clubbell exercise rotation (only 1 per day):
  1. 2-Hand Side-to-Side Swing
  2. 2-Hand Alternating Circles
  3. 2-Hand Pullover
  4. 2-Hand Shield Cast
  5. 1-Hand Side-to-Side Swing
  6. 1-Hand Alternating Circles
  7. 1-Hand Pullover
  8. 1-Hand Shield Cast
- Using 1 or more ramp up sets, work up to the highest weight available to you with which you can do at least 1 solid rep.

Barbell Complex

The complex consists of 3 exercises, to be performed in the order presented here:

1. Back Squat (ass-to-grass)
2. Good Morning
3. Hang Snatch-Grip High Pull

Here is the progression/ deload scheme:

1. Recommended starting weight: Find your 20 rep max for each of the 3 exercises, and use the lowest one.
2. Perform only 1 round; 10 reps per exercise.
3. Add 5lbs per day.
4. When you plateau, decrease the weight by 30%, and begin doing 20 reps per exercise.
5. Resume adding 5lbs per day.
6. When you plateau with 20 reps per exercise, without reducing weight, drop back down to 10 reps per exercise.
7. Loop back around to step 3.

Kettlebell Snatch

The specific exercise you'll be doing here is the Single-Kettlebell Hang Power Snatch.
You'll be using either double progression or triple progression.

- Perform 1 round to start and add 1 round per day, up to a maximum of 20.
- Perform 1-to-5 reps per round (per arm).
- Each day, perform all reps and rounds unbroken, so choose your starting weight accordingly.
- When you get to 20 rounds, drop back down to 1 round and increase reps if you've been doing less than 5; or weight, if you've been doing 5. If you're increasing weight, you may need to decrease reps per round.

If you have access to small enough weight increases (such as with adjustable kettlebells), you could probably just go up to 10 rounds instead of 20.
Additionally, if you have access to small enough weight increases, you may be able to stay at 5 reps per round throughout (double progression, rather than triple progression).

An Alternative Approach to the Barbell Complex

This starts off the same:

1. Recommended starting weight: Find your 20 rep max for each of the 3 exercises, and use the lowest one.
2. Perform only 1 round; 10 reps per exercise.
3. Add 5lbs per day.
4. When you plateau, decrease weight by 30% and do an additional round.
5. Resume adding 5lbs per day.
6. Loop back around to step 4 until you're doing 5 rounds.
7. When you plateau with 5 rounds, without reducing weight, drop back down to 1 round.
8. Loop back around to step 3.

Barbells and Bodyweight

by Omar Cabaleiro 2024.Apr.9

3 Hard Days, 3 Easy Days

Train daily.
This program consists of 6 different workouts.
There are the 3 “hard” workouts.
Then there are the 3 “easy” workouts, which are, essentially, active rest versions of the “hard” workouts.

Your schedule will look like this:
3 hard days, 3 easy days, 3 hard days, 3 easy days, etc.
The “easy” workouts are your off/ rest days.

<u>3 HARD DAYS</u>
Do 1 of the following (rotate):

1. Hang Snatch-Grip High Pull, using a Chad Waterbury protocol which I refer to as “7 of 25”*
2. Back Squat (ass-to-grass), using Paul Carter’s 3/50 Method*
3. 1 set to failure of the Dip
   (If you can do way more than 20 reps in the Dip, and you don’t want to “go on forever” with a set to failure, then you can do a weighted set of 20 reps instead. I suggest you start with only 5lbs and add another 5lbs each time you return to this workout, even if it doesn’t feel particularly challenging at first.)

(*I’ll give details for performing the “7 of 25” protocol and 3/50 Method below.)

<u>3 EASY DAYS</u>
Focus on tightening up your form.
Do 1 of the following (rotate):

1. Using 70% of the last weight with which you successfully performed the High Pull in the hard workout, do 1 set of 5 reps in the Hang Snatch-Grip High Pull.
2. Using 70% of the last weight with which you successfully performed the Back Squat in the hard workout, do 1 set of 10 reps in the Back Squat (ass-to-grass).
   Perform the negative/ eccentric slowly, and the positive/ concentric explosively.
3. Do 1 set of a few comfortable reps in the Dip (bodyweight only)
   Don’t get anywhere even close to the point where you’re trying to grind out a rep.
   Perform the negative/ eccentric slowly, and the positive/ concentric explosively.

“7 of 25” Protocol

- Perform 25 total reps using your 7 rep max.
- Split the work into as many sets as necessary to complete.
- Rest 30 seconds between sets.
- If you can complete all 25 reps, with at least 7 of them in the first set, increase the weight by 5-to-10lbs next time around.

3/50 Method

- Suggested starting weight: your 20 rep max
- Do 50 total reps within 3 sets.
- If you can complete all 50 reps within 3 sets, increase the weight by 5-to-10lbs next time around.

There's no specific rest-between-sets time given in the article I got this protocol from.
For the sake of sustainability, you could probably go 1-to-2 minutes, or however long it takes for you to feel ready.
Whatever the amount of time rested between sets on any given day, I'd note it in my training journal.

An Alternative Approach

- Train 3 days on, n days off.
- The 3 workouts here are the same as the 3 "hard" workouts above.
- The "off" days here are passive rest days.
  (Don't train at all.)
- Begin by training every day.
- Whenever you plateau, add a rest day between bouts of the 3 consecutive training days.
  For example, when you plateau training daily, you could go to 3 days on, 1 day off. When you plateau with that, proceed to training 3 days on, 2 days off, etc.

It might work for you to continue to the point where you're training 3 days on, 4 days off.
Personally, I'm not comfortable planning more than 2 consecutive rest days into my training, but to each their own.
As I've already said in at least 1 previous writing:
As long as continuing to decrease frequency continues to yield results you're satisfied with, have at it.

Barbells and Kettlebells

by Omar Cabaleiro 2024.Apr.9

Option A

Train daily.
Each of the 3 sections in this workout has a sustainability mechanism built into the protocol.
If you still find yourself plateauing too frequently, you can reduce training frequency to every other day, and then again to once every three days.

Here are the 3 sections, to be performed in the order presented here:

1. Kettlebell Press
2. Barbell Complex
3. Goblet Squat

KETTLEBELL PRESS

Specifically, you'll be doing the Single-Kettlebell Press.

- You'll be using either double progression or triple progression.
- Perform 1 round to start and add 1 or 2 rounds per day, up to a maximum of 20.
- Perform 1-to-5 reps per round (per arm).
- Each day, perform all reps and rounds unbroken, so choose your starting weight accordingly. (Alternatively, you can perform this section of the workout as EMOM.)
- When you get to 20 rounds, drop back down to 1 round and increase reps if you've been doing less than 5; or weight, if you've been doing 5. If you're increasing weight, you may need to decrease reps per round.

If you have access to small enough weight increases (such as with adjustable kettlebells), you could probably just go up to 10 rounds instead of 20.
Additionally, if you have access to small enough weight increases, you may be able to stay at 5 reps per round throughout (double progression, rather than triple progression).

BARBELL COMPLEX

The complex consists of 3 exercises, to be performed in the order presented here:

1. Hang Power Clean
2. Yates Row (By default, I always use overhand with this exercise.)
3. Romanian Deadlift

Here is the progression/ deload scheme:

1. Recommended starting weight: Find your 10 rep max for each of the 3 exercises, and use the lowest one.
2. Perform only 1 round; 5 reps per exercise.
3. Add 5lbs per day.
4. When you plateau, decrease weight by 30% and do an additional round.
5. Resume adding 5lbs per day.
6. Loop back around to step 4 until you're doing 5 rounds.
7. When you plateau with 5 rounds, without reducing weight, drop back down to 1 round.
8. Loop back around to step 3.

GOBLET SQUAT

For the most part, the protocol here is the same as for the “Kettlebell Press” section:

- You’ll be using either double progression or triple progression.
- Perform 1 round to start and add 1 or 2 rounds per day, up to a maximum of 20.
- Perform 1-to-5 reps per round.
- Perform this section of the workout as EMOM.
- When you get to 20 rounds, drop back down to 1 round and increase reps if you’ve been doing less than 5; or weight, if you’ve been doing 5. If you’re increasing weight, you may need to decrease reps per round.

If you have access to small enough weight increases (such as with adjustable kettlebells), you could probably just go up to 10 rounds instead of 20.
Additionally, if you have access to small enough weight increases, you may be able to stay at 5 reps per round throughout (double progression, rather than triple progression).

AN ALTERNATIVE APPROACH TO THE BARBELL COMPLEX

This starts off the same:

1. Recommended starting weight: Find your 10 rep max for each of the 3 exercises, and use the lowest one.
2. Perform only 1 round; 5 reps per exercise.
3. Add 5lbs per day.
4. When you plateau, decrease the weight by 30%, and begin doing 10 reps per exercise.
5. Resume adding 5lbs per day.
6. When you plateau with 10 reps per exercise, without reducing weight, drop back down to 5 reps per exercise.
7. Loop back around to step 3.

Option B

You can take what, in Option A, are 3 sections of a single workout, and do them as 3 separate workouts.
Start by training daily.

Each day, do only 1 of the following (rotate):

1. “Kettlebell Press” section from Option A
2. “Barbell Complex” section from Option A
3. “Goblet Squat” section from Option A

If you find yourself plateauing too frequently (particularly with the “Barbell Complex” workout), you can decrease training frequency:
Train daily, then every other day, then once every 3 days, etc (for however long it works well enough for you).

Full-Body Barbell Complex

by Omar Cabaleiro 2024.Apr.10

The Program

Train daily.
The protocol for this has a sustainability mechanism built into it.
However, if you begin to plateau too frequently, you can reduce training frequency; to every other day, then to once every 3 days, etc.

The complex consists of 4 exercises, to be performed in the order presented here:

1. Thruster
2. Hang Power Clean
3. Yates Row (yes, overhand)
4. Romanian Deadlift

Here is the progression/ deload scheme:

1. Starting weight: Your 10 rep max in the Press (strict, no leg drive, Overhead Press)
2. Perform only 1 round; 5 reps per exercise.
3. Increase weight by 5lbs per day.
4. When you plateau, reduce weight by 30% and add a round.
5. Resume adding 5lbs per day.
6. Loop back around to step 4, until you're doing 5 rounds.
7. When you plateau with 5 rounds, without reducing weight, drop back down to 1 round.
8. Loop back around to step 3.

Optional Add-On

The complex above includes squatting, hinging, trap-focused pulling, lat-focused pulling, and shoulder-focused pushing, but no chest-focused pushing.
If that sort of bothers you, you can add this part to your complex work.
If not, then don't worry about it.

Each day, after completing complex training, do 1 (more or less) "comfortable" set of the Dip (bodyweight only).
Alternatively, if you're training the complex every other day, you can do you Dip set on alternate days and, since you'll be fresher, you can push harder with it.
If you're training the complex once every 3 days, then you can perform the Dip work on the very next day, and take your second consecutive day off from complex training as a total passive rest day.

Full-Body Barbell Complex 2

by Omar Cabaleiro 2024.May.21

Do this complex daily.
If, as the workload generally increases, it gets to be too much for your recovery ability, you can decrease frequency to every other day, then to once every 3 days, etc.
As long as continuing to decrease frequency continues to yield results that you're satisfied with, have at it.

The complex consists of 4 exercises, to be performed in the order presented here:

1. Thruster
2. Hang Power Clean
3. Yates Row (overhand)
4. Romanian Deadlift

Basically, when you power clean the bar to start off the complex, just maintain that same hook grip throughout.

Recommended starting weight:
Find your 10 rep max for each of the 4 exercises, and use the lowest one.

Perform only 1 round per session.
Do the same number of reps for each exercise.
The rep counts given below are for each exercise.

Progression/ Deload Scheme

1. Do 1 rep.
2. Add 1 rep per day, up to a maximum of 10.
3. Once you've completed the 10-rep workout, increase weight by 5-to-10lbs and loop back around to step 1.